

Victim shot during drug deal: Winnipeg police

Cold case. Police release more information about city's 8th homicide of 2012



SHANE GIBSON

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Detectives with the Winnipeg Police Service released new information about a cold downtown homicide case Friday in hopes the information might jar the memory of anyone with information about the killing.

Johnathen James Felix, 21, was found dead in the front yard of a home at 238 Balmoral St. on March 31. Police say Felix had fled to the spot after being shot behind an apartment block at 247 Balmoral St. roughly 12 to 15 hours before his body was found.

Detectives now say Felix, an aspiring actor and model who had just recently returned home to Winnipeg after going to school in B.C., was killed in a drug deal that turned violent.

"Witness accounts at the time heard a dispute, a verbal altercation ... and then several

gunshots," said Det. Sgt. Rob Stephanson. "There are witnesses that saw several people run from this area shortly after the gunshots were heard."

The victim and the others involved in the drug deal had all fled the area by the time officers arrived to follow up on the report of shots fired, and police didn't know they were dealing with a homicide until the homeowners across the street found Felix's body later that night.

Investigators don't know what route Felix took from the scene of the shooting to his final resting spot, but do know Felix had been at a relative's suite in the apartment block before going around back for the drug deal.

Felix had no previously contact with police and was not involved in gangs or the city's drug subculture, said Stephanson.

Detectives hope someone with information will come forward to give closure to Felix's family.

"Everybody seemed to love this guy," said Stephanson. "He seemed to have a lot going for him and it's just unfortunate that this happened to him."



Det. Sgt. Rob Stephanson of the WPS Homicide Unit stands in the lane next to the Balmoral Street apartment where homicide victim Johnathen James Felix, 21, was shot in March. Police released more information about the unsolved case on Friday. SHANE GIBSON/METRO

Doer talks U.S. election, fiscal cliff to students



Former Manitoba Premier Gary Doer speaks to Red River College creative communications students. BERNICE PONTANILLA/METRO

Former Manitoba Premier Gary Doer said the United States getting its financial house in order is also in Canada's best interest.

Doer, who has been Canada's ambassador to the United States in Washington, D.C., since 2009, spoke to media following a presentation to creative communications students at Red River College.

"It's a lot better for the U.S. to come to an agreement on all of the challenges they have, it's much better to have predictability in the economy for

U.S. business because if there's no predictability, there will be a reduction in demand," said Doer on the looming "fiscal cliff" that could happen on Jan. 1, 2013.

"Even though we see lots of improvements in the U.S. economy, a short-term reduction in demand would be a short-term reduction in products from Canada."

Doer said this could mean job losses in both countries, adding, however, that Manitoba's diverse economy means

Edge of the cliff

The so-called "fiscal cliff" would see the tax cuts implemented under former President George W. Bush end and spending on government programs slashed, which neither U.S. party wants.

"we are less vulnerable than we were in 2009."

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Swan River

Town eyes surtax on liquor to solve funding crunch

Town councillors in Swan River, Man., are eyeing a unique approach to solving the funding crunch facing many municipalities — a three per cent municipal tax on all alcohol sold within town limits.

The idea is to raise money from booze to pay for policing the crimes and traffic violations that sometimes result from drinking.

"Even people who enjoy alcohol would have a hard time denying that alcohol probably is a contributing factor in a number of crimes that are committed," said Jason Delaurier, the town councillor behind the plan.

He is proposing it as a bylaw to be considered at the council's next meeting on Nov. 20.

"Our (police) budget is nearing 20 per cent of our total expenditures, so I think we need to look for other ways to pay for it other than relying on the property taxpayer."

Swan River, a community of 3,900 near the Saskatchewan boundary, pays almost \$900,000 a year for RCMP services. While other Manitoba municipalities charge levies on hotel accommodations, energy bills, concert tickets and other items, none of them charges a tax on liquor.

Even if council votes to adopt the tax, it would still require approval from the provincial government. The NDP rejected a similar proposal from the City of Thompson in 2008.

Premier Greg Selinger, who had not seen the Swan River proposal Friday, said the Thompson tax was rejected in part because of a desire to ensure that alcohol profits pay for provincial programs.

THE CANADIAN PRESS



Honouring those who fought for freedom

The weekend's heavy snows didn't stop the hardy from heading out to one of the city's Remembrance Day ceremonies on Sunday. Guns and cannons were fired to salute the fallen at the yearly ceremony on the legislative grounds. CHRIS.DA

Property taxes likely to rise next year: Wyatt

Inflationary pressures cited. Chair of city's finance committee says increase has yet to be determined, approved

The new chair of Winnipeg city council's finance committee said he sees no recourse other than to raise property taxes next year.

Coun. Russ Wyatt (Transcona) said every organization, government or business is dealing with inflationary pressures.

However, Wyatt added that city council must also make the effort to find dollars.

"If we're raising taxes, I think it's incumbent on us to find savings," said Wyatt, adding the increase hasn't yet been determined nor approved.

"We have to find efficiencies."

Homeowners had 14 years of a property tax freeze before a hike of 3.5 per cent earlier this year.

As of Sept. 30, the city of Winnipeg had an estimated surplus of about \$7.7 million, but Wyatt cautioned against counting on that money, since two or three major snowfalls could eat up that cash.

The finance committee, which also includes Coun. Paula Havixbeck (Charleswood-Tuxedo-Whyte Ridge) and Coun. Grant Nordman (St. Charles), also approved just over \$600,000 to go towards the forecasted over-expenditure of the Winnipeg Police Service's overtime budget.

Originally, the request was for \$1.27 million, but the police were able to find \$630,000 internally, said Wyatt.

A city report pointed to "traffic enforcement required to maintain traffic safety" and court obligations as the reasons for the extra overtime.

Wyatt said that ideally, there would be cadets doing some of that traffic enforcement, but that "would require, though, a change in provincial legislation for them to do that enforcement."

On Friday, the finance committee held an emergency meeting where \$500,000 was approved for the land-deals audits: \$250,000 for the audit of the so-called land-swap deal, where three city properties were to be swapped for the Shindico-owned Taylor Avenue land where fire station No. 12 is now located, while the other \$250,000 was approved for the audit of land deals going back up to 12 years.

BERNICE PONTANILLA/METRO

Transit Tuesday



Weekly Transit News Update

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Fatherhood softens edgy funny guy, a.k.a. Goat Boy

The cleaner comedian.

Former Saturday Night Live favourite Jim Breuer headlines the 2012 Just for Laughs Comedy Tour, which makes its Winnipeg stop on Tuesday at the Pantages Playhouse Theatre

JARED STORY
winnipeg@metronews.ca

A Saturday Night Live alumnus, you probably know Jim Breuer best as Goat Boy, or his hilarious impersonation of Joe Pesci, or for his bumbling burnout role in the 1998 stoner comedy Half Baked. But he says he's first and foremost a family man.

"My stand-up act is about being a 45-year-old metalhead and mixing that life with marriage, three daughters and elderly parents that live with me," Breuer said from his home in New Jersey. Breuer headlines the 2012 Just for Laughs Comedy Tour, which makes its Winnipeg stop Tuesday at the Pantages Playhouse Theatre. While never a nasty comic, Breuer said being a dad and a role

Quoted

"My stand-up act is about being a 45-year-old metalhead and mixing that life with marriage, three daughters and elderly parents that live with me."

Jim Breuer

model has caused him to cut the cursing from his act.

"Every word is a challenge, but I like it," Breuer says regarding working clean. "I have a bit about my dad and when he craps himself; how do you find a funny word for that without sounding soft or goofy? At the end of the day I found the word 'deuce,' as in 'he dropped a deuce.' That always gets a giggle."

Back to his headbanging side, the host of SiriusXM's Fridays with Jim Breuer is known to impersonate Metallica's James Hetfield and Lars Ulrich, Ozzy Osbourne, Ronnie James Dio and AC/DC's Brian Johnson. In fact, Breuer says he's working with Metallica's production team on a heavy metal/comedy stage show for 2013.

"I'm glad I got to know these guys now rather than



Former SNL cast member Jim Breuer headlines the 2012 Just for Laughs Comedy Tour. CONTRIBUTED

when I was younger because back then I'd be more of the spewing fan," Breuer said. "Whether I'm talking with Brian Johnson or anyone from Metallica I just see them as the person. They don't see me as the guy on-stage or the guy who used to be on SNL either, so it's cool."

Breuer is joined on the JFL show by Last Comic Standing-winner John Hefron, tour favourite Godfrey, Canadian comic Debra Di-Giovanni and improvisers Roman Danylo and Diana Frances. Tickets are \$54.25 at Ticketmaster. Showtime is 7:30 pm.

Ex-hockey player goes country



Chad Brownlee, left, and Dallas Smith co-headline the Boys of Fall Tour, which comes to McPhillips Station Casino Tuesday. METRO/HANDOUT

Judging by country singer Chad Brownlee's unusual career path, it's easy to assume one thing — he must love travelling across North America in a bus in the middle of winter.

"Maybe subconsciously that's what I love to do more than anything, sit on a bus in the middle of January," Brownlee said with a laugh in a telephone interview.

Brownlee, who is currently making his way across the nation with Dallas Smith as part of the Boys of Fall tour, has made these types of trips several times.

He was previously employed as a hockey player, and as a sixth-round draft pick of the Vancouver Canucks, he played for the Idaho Steelheads.

After a series of injuries, Brownlee made the decision to walk away from the game and pursue a musical career.

While it has worked out well so far — he received the 2011 CCMA Rising Star Award and was nominated this year as best male artist — he admits that it wasn't easy.

Dallas Smith is the lead

Quoted

"It was hard to even voice the words to my coach and parents and say, 'I'm not playing this game I've played for the past 20 years.'"

Chad Brownlee

singer of the hard rock band Default, who gained international fame in the early 2000s with the hit singles Wasting My Time and Deny. He says the change in genres had been brewing for a long time.

"It was a gradual thing for me, a long process. I was listening to country music on the back of the tour bus, warming up to it before (Default) shows and then going out and singing rock tunes," Smith said in a phone interview.

Smith has no regrets about switching gears musically, or heading on the road with Brownlee. Brownlee and Smith will play the McPhillips Station Casino Tuesday. SIMON HIATT/FOR METRO

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A model wears a pair of Julie Pedersen-designed Muckies. Made-in-Winnipeg mukluks are growing in popularity.

CONTRIBUTED/JULIE PEDERSEN

Manitoba mukluks the must-have item this winter

Furry fashion statement. Special orders coming in from as far away as Australia

A Manitoba staple for winter looks to be making a huge comeback this season.

Rosie Mukai, owner and manager of the family-owned Winnipeg Trading Post, says her store is selling four to five pairs of mukluks a day as well as receiving special orders, which is "very good."

Mukai adds that last spring, her store started offering mukluk- and moccasin-making classes and they've been well-attended.

"It's completely a fashion statement and they're comfortable. They last a long time, as long as you take care of them."

Price tags

- Mukluks are available at the Winnipeg Trading Post for \$265 to \$300, while Julie Pedersen Muckies and Spats run from \$140 to \$440.

Mukai says magazine articles with celebrities sporting mukluks have fuelled the footwear's resurgence, and she's received special-order requests from as far away as Australia, Germany and England.

Mukluks are traditional aboriginal footwear for winter most often associated with the Inuit. They're made of fur and credited with being both warm and comfortable.

Julie Pedersen, who started a mukluks business called Muckies in 2005, says she owned a

pair and loved them "but they weren't practical to wear in winters" in Winnipeg.

So she started making mukluks that are in brighter colours and warmer for a Prairie climate, with reinforced fur and a thermal sole between the shoe and the thicker sole.

"I do agree there are more out there ... because five years ago there were more Uggs, so now it seems to be balancing out," said Pedersen, who grew up in Elm Creek and studied fashion design in Vancouver.

Pedersen says she also continues to make the popular Spats, which are footwear accessories with a zipper in the back that can be slipped over any type of high-heeled shoes for a new look.

Stars such as Britney Spears, Katy Perry and Anna Paquin have worn Muckies and Spats.

BERNICE PONTANILLA/METRO

Rowbotham murder

Stobbe penning books about ordeal

A former political advisor who was acquitted of murdering his wife is writing two books — one about the trial and another about his time behind bars.

Marke Stobbe was found not guilty of second-degree murder last March in the death of Beverly Rowbotham.

She was found bludgeoned to death in October 2000 in a car in a parking lot north of Winnipeg.

The first book, *Lessons from Remand*, is to be released March 21.

THE CANADIAN PRESS

Wildlife. SeaWorld, Assiniboine zoo unite to conserve polar bears

The Assiniboine Park Conservancy has teamed up with SeaWorld Parks and Entertainment to protect polar bears.

The conservancy announced it will be teaming up to collaborate on research projects, wildlife conservation and public education programs.

"The Assiniboine Park Zoo is very excited to be working with SeaWorld and Busch Gardens in this capacity," said Tim Sinclair-Smith, director of zoological operations at the zoo, in a press release.

"These types of partnerships

are essential as we get closer to the opening of Journey to Churchill in 2014 and as we become more actively involved in Arctic research."

The conservancy said it will be working co-operatively with SeaWorld to share best practices, promote the sustainability of polar bears and other at-risk species, and enhance conservation and research efforts.

Brad Andrews, chief zoological officer for SeaWorld, said the partnership is "a critical part of a long-term conservation strategy." METRO

Trudeau's team looks to U.S. Dems for advice



Liberal MP and leadership candidate Justin Trudeau attends a Remembrance Day ceremony in Montreal on Sunday. GRAHAM HUGHES/THE CANADIAN PRESS

Victory. Justin Trudeau's campaign seeks out Obama's staff for lessons in winning

Hot on the heels of President Barack Obama's re-election victory, Justin Trudeau's Liberal leadership team is looking to U.S. Democrats for advice on how to win.

Mitch Stewart, who was the battleground-states director for the Obama campaign, has been sought out to speak to Trudeau's strategists on Thursday, according to officials with the campaign.

Trudeau's leadership bid is being organized around much of the same strategic goals that drove Obama's

victories in 2008 and this year — rallying support from young people and other progressive-leaning voters who haven't traditionally cast ballots in elections.

If Trudeau wins, that is also the same approach he hopes to use to put the Liberals back on a competitive footing with the Conservatives in 2015.

Stewart, who rose to the top ranks of the Obama team after delivering a surprise win in Iowa in 2008, was the man in charge of getting out the Democratic vote this year in all-important swing states such as Ohio and Florida, where Obama was triumphant over Republican challenger Mitt Romney.

TORSTAR NEWS SERVICE

Criticism. Stephen Colbert calls Ontario city the 'Earth's rectum'

In his latest book, comedian Stephen Colbert gives a wag of the finger to Ontario's City of Roses.

The book, entitled *America Again: Re-becoming the Greatness We Never Weren't*, contains a section about renewable energies and geothermal power.

"Before we can harness geothermal power, we have to take the planet's temperature with a geothermometer," reads the passage. "And I have no idea where the Earth's rectum is!"

A footnote on the latter sentence suggests "Windsor, Canada" as a possible location.

This isn't the first time the Comedy Central host has taken a swipe at Windsor, Ont. A 2007



Stephen Colbert GETTY IMAGES

segment on his show listed the city as one of the worst places on Earth.

City spokesperson Jason Moore questioned whether Colbert had ever been to Windsor, but declined to offer further comment. THE CANADIAN PRESS

Crime

Police officer raped by colleague fights back

Denise Robinson used to feel completely alone before making her story about being raped by a fellow police officer public.

But that changed once other female officers came forward with similar stories.

"For so long I thought this was an isolated case and I thought, 'Oh my God, no one else has ever been through this before,'" said Robinson, a spe-

cial constable with the Kativik Regional Police in northern Quebec.

She was raped by her colleague, Joe Willie Saunders, on Feb. 5, 2010, while she was intoxicated in her police residence after being driven home from a house party. Saunders pleaded guilty to sexual assault and was sentenced Aug. 24 to 18 months in jail.

Robinson said her employer stopped paying her after she reported the incident to her superiors a few days later because she was deemed unfit for work.



Denise Robinson METRO IN OTTAWA

Without work and a paycheque, she has been staying with family in Ottawa for the better part of two years while receiving treatment for post-traumatic stress disorder and

fighting for lost pay from the police force.

Robinson said on Nov. 2 her employer offered her three months' pay if she quit her job.

"Accepting that offer, to me, is telling them it's OK what they did," she said.

After she decided to make her story public and launch an online petition to protect female officers from abuse and discrimination, she said four female police officers have contacted her to tell their stories about sexual harassment in the workplace.

JOE LOFARO/METRO IN OTTAWA



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Puppeteer accused of underage relations

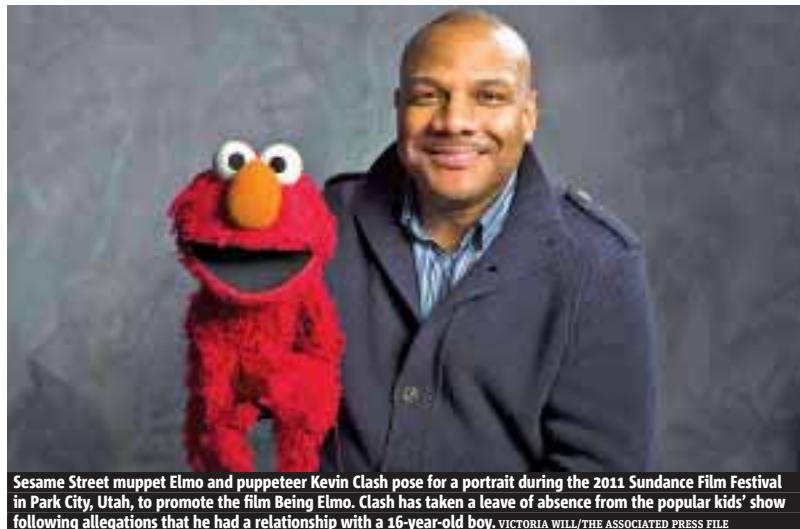
Elmo. Allegations are unsubstantiated, but Kevin Clash is taking a leave of absence from Sesame Street

The puppeteer who performs as Elmo on Sesame Street is taking a leave of absence from the iconic kids' show in the wake of allegations that he had a relationship with a 16-year-old boy.

Puppeteer Kevin Clash, 52, has denied the charges, which, according to Sesame Workshop, were first made in June by the accuser, who by then was 23.

"We took the allegation very seriously and took immediate action," Sesame Workshop said in a statement issued Monday. "We met with the accuser twice and had repeated communications with him. We met with Kevin, who denied the accusation."

The organization described the relationship as "unrelated



Sesame Street muppet Elmo and puppeteer Kevin Clash pose for a portrait during the 2011 Sundance Film Festival in Park City, Utah, to promote the film Being Elmo. Clash has taken a leave of absence from the popular kids' show following allegations that he had a relationship with a 16-year-old boy. VICTORIA WILL/THE ASSOCIATED PRESS FILE

to the workplace." Its investigation found the allegation of underage conduct to be unsubstantiated. But it said Clash exercised "poor judgment" and was disciplined

for violating company policy regarding Internet usage. It offered no details.

"I had a relationship with the accuser," Clash said in a statement of his own. "It

was between two consenting adults and I am deeply saddened that he is trying to characterize it as something other than what it was."

THE ASSOCIATED PRESS

Legalizing pot. Latin American leaders call for review of U.S. policy

Two U.S. state decisions to legalize marijuana will have implications for international efforts to quash drug smuggling, four Latin American leaders declared on Monday.

Mexico, Belize, Honduras and Costa Rica called for the Organization of American States to study the impact of the votes in Colorado and Washington, and said the United Nations' General Assembly should hold a special session on the prohibition of drugs by 2015 at the latest.

Marijuana legalization by U.S. state governments is "a paradigm change on the part of those entities in respect

Drug trafficking

Mexico is one of the primary suppliers of marijuana to the U.S., while Honduras and Belize are important stops on the northward passage of cocaine from South America.

to the current international system," Mexican President Felipe Calderon said.

Mexico has seen tens of thousands of people killed over the last six years as part of a militarized government attempt to destroy the country's drug cartels. THE ASSOCIATED PRESS

Act of vengeance

New IRA claims responsibility for first killing

A new Irish Republican Army faction in Northern Ireland claimed responsibility Monday for its first killing and defended the bloodshed as a necessary

act of vengeance.

The group, a merger of factions that brands itself as simply the IRA, said in a statement to the Irish News in Belfast its members shot to death David Black this month because he worked as a guard at Northern Ireland's top-security Maghaberry prison. About 40 members of IRA factions are imprisoned there. THE ASSOCIATED PRESS

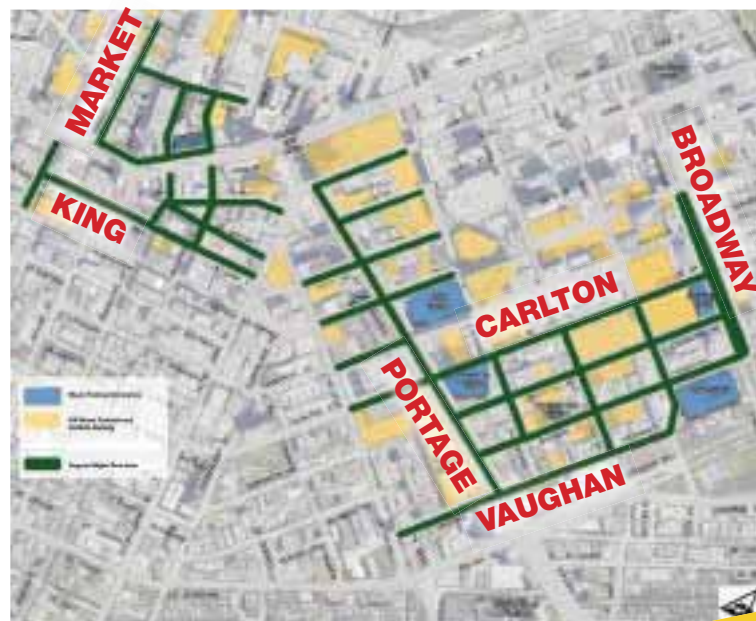
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As part of managing turnover at on-street parking spaces and ensuring their availability for short term users, the Winnipeg Parking Authority will increase meter rates in areas of high demand to \$2 per hour. The conversion of meters in high demand areas will begin shortly and continue throughout the fall.

The areas of Downtown and the Exchange where higher rates are in effect are shown on the map.



You will be able to recognize meters where the higher rate is in effect as they will display a sticker indicating the price, as shown in the photo above.



NEW METER RATES
NEW LOOK FOR THE PAYSTATIONS

Measure B. L.A. County vote requires porn stars to always use condoms

The show must go on, is the entertainer's credo, and it did just that in the U.S. Porn Capital even after Los Angeles County voted to require performers to use condoms when filming sex scenes.

One of the industry's biggest stars, James Deen, reported for work, condom-free as usual, just hours after voters adopted the new law.

During a break in the action Thursday, however, Deen raised the same questions on the mind of everyone in L.A.'s billion-dollar-plus porn industry: Can a planned court challenge get the new law tossed out before it is even implemented? Or, perhaps

Industry fears losses



"The last time we attempted to go all-condom, our industry lost sales by over 30 per cent."

Porn star James Deen

this time next year, will he be making films like Atomic Vixens in some place like Las Vegas or Florida?

The law, listed as Measure B, was passed by 56 per cent of voters. **THE ASSOCIATED PRESS**

Ikea

Swedish retailer accused of benefiting from forced labour

Swedish furniture giant Ikea will release a report this week addressing claims it benefited from forced

labour in communist East Germany, the company and victims groups said Monday.

The report by auditors Ernst & Young looks into allegations that Ikea used East German suppliers who employed prisoners — some of whom were political dissidents — to manufacture goods from the 1960s to 80s. **THE ASSOCIATED PRESS**

Decorated Indian sprinter charged with partner's rape

XY intersex. While Pinki Pramanik, 26, competed for India as a woman, gender tests confirm she's a man

A runner who won medals for India while competing as a woman was charged with rape on Monday after a gender test indicated she is actually a man, according to media reports.

Pinki Pramanik, 26, became a national star after rising from childhood poverty to win gold while anchoring India's 400-metre relay team at the 2006 Asian Games.

One of the charges

"Cohabitation caused by a man deceitfully inducing belief of a lawful marriage."

The wording of one of the charges faced by Pinki Pramanik

Pramanik won a silver medal at Sydney's Commonwealth Games the same year.

Pramanik became mired in controversy in June after the retired runner's live-in girlfriend accused Pramanik of being a man masquerading as a woman and of raping her.

Pramanik denies all the charges. On Monday, Agence-France Presse reported that the police had charged Pramanik with rape after a medical board set up to determine Pramanik's gender concluded she is a man.

She has also been charged with impersonation, cheating, assault and intimidation. The medics said Pramanik is a "male pseudohermaphrodite," a condition normally called XY intersex. It means the chromosomal sex and internal sex organs indicate the person is male, while external genitals appear female or are ambiguous.

Pramanik retired in 2008, disappearing from the public eye and buying a house in the eastern city of Kolkata.

TORSTAR NEWS SERVICE



Indian police on Monday charged Pinki Pramanik, a gold-medal-winning international athlete, with raping her former partner. **AFP/GETTY IMAGES FILE**

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Brick acquisition will help Leon's keep lid on costs

Retail. Companies plan to flex their joint purchasing power



Terry Leon, president and CEO of Leon's, chats with Vi Konkle, president and CEO of The Brick, after a news conference in Toronto on Monday.
CHRIS YOUNG/THE CANADIAN PRESS

A combined Leon's and The Brick should be able to enhance their competitiveness in an increasingly gritty retail environment even though both banners will continue to fly separately, the companies and analysts said Monday.

The friendly purchase of Edmonton-based The Brick by Toronto-based Leon's for \$700 million has less to do with direct competition posed by giant American retailers such as Target or Wal-Mart, they said, than with the need to keep a lid on costs.

"What's most in the forefront of our minds is: The economy is difficult, generally it's not growing, and if it is grow-

ing, it's growing very slowly," said Terry Leon, CEO of Leon's who will head up the combined entity.

"So the best way to grow

and to expand is to, if you can, make a purchase that makes sense."

The Canadian retail landscape has been shifting in recent years as more American chains in search of growth opportunities make their way north, which has increased competition in retail segments, including furniture.

As well, many Canadian retailers from Loblaw to Canadian Tire have moved to compete by diversifying their offerings, including through furniture sales, to become more of a one-stop shop experience for consumers.

The companies said they had no plans to close any stores or lay off any employees. Rather, they said, they would try to become more competitive initially by flexing their combined purchasing muscles and by joining distribution channels. **THE CANADIAN PRESS**



Spanish banks freeze mortgage evictions

Mortgage Victims Platform member Marta Uriarte, centre, who has stopped the auction of her home three times, speaks outside Caja Madrid's main office on Monday in Madrid. Spain's banks announced that for the next two years they will suspend mortgage-related evictions of the most vulnerable people. There have been around 350,000 house evictions since Spain's property market crashed in 2008. **PABLO BLAZQUEZ DOMINGUEZ/GETTY IMAGES**

Market Minute



DOLLAR
100.04¢
(+0.17¢)



TSX
12,191.46 (-5.34)



OIL
\$85.57 US (-50¢)



GOLD
\$1,730.90 US

Natural gas: \$3.57 (+6.7¢)
Dow Jones: 12,815.16 (-0.23)

Figure reflects currency's value on international markets in mid-afternoon trading. The Canadian dollar did not trade in Canada Monday as banks were closed for Remembrance Day.

Oman

Tim's opens 20th Gulf states location

Oman has its first Tim Hortons restaurant as the chain expands operations in the Persian Gulf states. It's the firm's 20th location to open in the region since the chain signed a master licence agreement with the Apparel Group last year. **THE CANADIAN PRESS**

I'LL CRY IF I WANT TO



SHE SAYS...
Jessica Napier
metronews.ca

Wherever I am in the city, I am never more than five blocks away from somewhere I have cried.

As a non-hermit kind of person who happens to have a lot of feelings at inconvenient times, I am no stranger to the public meltdown. And I'm not just talking about socially acceptable places like during a funeral or in a darkened movie theatre, I mean everywhere.

I have welled up on crowded buses during rush hour, sobbed in department store fitting rooms, bawled uncontrollably over dinner at fancy restaurants, and let myself go in plenty of other very public locales.

A sob story

"I can usually will myself to get it together after a couple of minutes, but I'm always left feeling a little uncomfortable after inviting strangers to witness my personal suffering."

I have always been a crier. Tearing up is my go-to response mechanism for an array of feelings — sadness, joy, heartbreak and anger all lead to waterworks. There is never a particularly good time to cry but doing it in public is always embarrassing.

I can usually will myself to get it together after a couple of minutes, but I'm always left feeling a little uncomfortable after inviting

strangers to witness my personal suffering.

I suppose it would be OK if I were an attractive weeper. Back when The Hills was must-see TV, I watched Lauren Conrad in awe as she gracefully mastered the perfect single tear.

Unfortunately, my sob sessions leave me looking like a blubbering mess with swollen red eyes and a gruesome mixture of mascara and snot streaming down my face.

I've always thought of my tendency to burst into tears as a sign of weakness. I felt as though I was exhibiting a complete lack of self control every time I lost it during a sentimental reality show moment or when I missed the bus by seven seconds.

But as our communication channels evolve and our real emotions become increasingly replaced with cartoon-like emoticons, I've come to realize that crying is actually an incredible embodiment of our own mood.

It doesn't get more real than being so overwhelmed with emotion that you find yourself breaking down in the washroom at the office or sobbing quietly in a Starbucks lineup.

Passionate feelings can be untimely and awkward, but we shouldn't challenge ourselves to suppress them.

In fact, we should be embracing our volatile moods.

Crying in public means you're actually having a real emotional experience in the three dimensional world; not just LOLing at another YouTube clip on your iPhone.

After all, if the most powerful man in America can shed a few tears of joy after being re-elected, then we should recognize that there's no shame in breaking down in front of one another.

Follow Jessica Napier on
Twitter @MetroSheSays



It's a snake on a plain



FRANCO BANFI/SOLENT

Wildlife photography

Diver takes risk to see anaconda

A brave diver gets up close to a huge anaconda snake after it gobbled up its prey.

Underwater photographer Franco Banfi, 54, ventured close enough to touch the scary, lengthy beast as it lay in the sun.

Thankfully, its swollen belly shows it has recently eaten a capybara rodent and will have little interest in feeding again for a while. **METRO**

In movies and reality

Monstrously big, but lazy, sluggish

Anaconda, the 1997 adventure-horror movie starring Jennifer Lopez and Jon Voight, depicts the bulky reptile as a monstrous beast that targets humans.

In truth, anacondas are non-venomous and tend to move in a rather sluggish manner.

"As humans, we tend to judge animals, we look above them. It's easier to label them as dangerous than anything else," Banfi said. **METRO**

Brazilian region

Translates to 'thick forest of the south'

Banfi saw six different female anaconda snakes on his 10-day trip to the Mato Grosso do Sul region in southern Brazil, right in the heart of South America.

The region, whose name literally means "thick forest of the south," is known for its diverse natural beauty.

"Normally, these snakes bathe in mud so we were lucky to get the photos in the end," says Banfi.

METRO

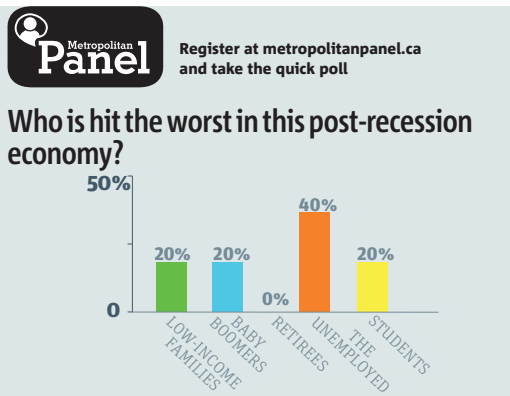
Anaconda's size

8

metres and 200 kilograms is the approximate length and weight of this anaconda specimen. Due to its massive size, the anaconda feeds on a range of prey from large rodents, such as capybaras, to pigs, caiman crocodiles and even jaguars.



Bad hair day got you feeling frazzled? Don't worry — cry about it. iSTOCK



Twitter

@leefroese: The Square sure is empty this morning. Not even Tim's is open #winnipeg

@ShawnNason1: Christmas music is now in full effect on #breeze1007fm in #Winnipeg #joyandpeace #jesus-is-thereason-for-the-season

@adriannagoodwin: I swear to god, winnipeg drivers just get more stupid when the

show hits . You have a truck DRIVE.

@lizdonaldsonn: I can't get over how warm it is in Toronto compared to Winnipeg #wheresthesnow

@Changethemdaily: So winter arrived here in Winnipeg on Saturday, I think it's over stayed it's welcome!





						
Cuba 19 ^o	Croatia 2 ^o	Bangladesh 3 ^o	Mexico 7 ^o	Venezuela 1 ^o	UAE 14 ^o	Israel 1 ^o
						
Philippines 10 ^o	Kazakhstan 4 ^o	India 1 ^o	Romania 3 ^o	Ukraine 8 ^o	Vietnam 3 ^o	Iran 4 ^o



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Biography looks at Boss's family, his music and his drive for fame

Bruce. Author balances inner fan boy with unveiling Springsteen's imperfections

PAT HEALY

scene@metronews.ca

When Peter Ames Carlin learned that Bruce Springsteen was willing to sit down with him for the Boss biography that he was writing, the author had to keep himself in check.

Yes, this was the first time that Springsteen would be cooperating with a biographer in 25 years, and yes, this was the man who had helped inform his world vision, but Carlin had a warts-and-all book to write.

"The fan boy in me had been locked in a cage long before I got to meet Bruce," says the author. "When I met him, it was super-intense, but for me, the thing that mattered at that point was that I was working on this book and this could conceivably be the difference between it being an extraordinary book and being another book about Bruce Springsteen."

The book, simply titled *Bruce*, does, arguably, achieve the distinction that he was hoping for.

Through intimate interviews with family members and band members past and present, Carlin unearths previously unpublished anecdotes about his subject's childhood (as a little kid, Springsteen kept the same nocturnal rock star hours he does now), about his early rocking years (one of Springsteen's bands honoured a commitment at a small New Jersey club rather than accepting an invitation to play Woodstock in 1969) and his family struggles with mental illness.

"A big part of how this book

advances the story is being very up front about how his dad was manic depressive. He had a serious untreated mental illness for his entire adult life," says Carlin. "We were talking later about depression or something and I said to him, 'Bruce, you said something to me that made me wonder, and it seemed like you were telling me that you take antidepressants. Am I correct?' and he said, 'Yeah.' And I said, 'How would you feel about me putting that in the book?' and he was silent for a second and then he said, 'Yeah, that's OK.'"

The man that emerges from the 474 pages of *Bruce* is alternately a controlling boyfriend, a driven bandleader, a junk food junkie and an artist who is constantly challenging himself.

"He works really hard at being a good man and doesn't always live up to his own expectations of himself," says Carlin. "It felt very important to me to report stories I had heard about him being a dick. And I watched him have a temper tantrum on stage, at a soundcheck, furious at a guy who wasn't even at work yet."

Even though Carlin unveils these imperfections and his inner fan boy is securely locked up throughout the narrative, he says his respect for Springsteen's artistic vision is unwavering.

"He's so smart, so sensitive and so unafraid to dive into the darkness and mourn the horrors of the world, but also maintains that belief in possibility," he says.

Carlin was not the only one who learned a lot about Bruce Springsteen during this three-year writing process.

"He told me later, after he read the book, that part of what he valued about it was that he was reminded of how special the people in his life were," says Carlin.



Bruce Springsteen performs at the 6th Annual Stand Up For Heroes benefit concert for injured service members and veterans Nov. 8, in New York. CHARLES SYKES/INVISION/THE ASSOCIATED PRESS

Keep pushin' 'til it's understood

Photographer Eric Meola, best known for capturing Springsteen and late E Street Band sax legend Clarence Clemons on the iconic cover of *Born to Run*, has also recently released a new book on the

Boss.

The book, *Streets of Fire: Bruce Springsteen in Photographs and Lyrics 1977-1979* is another rare glimpse of an artist who is constantly evolving.

Many of the shots were taken at the sparsely decorated farmhouse Springsteen rented after *Born to Run* made him a star. The shots almost look like demo versions of the cover of *Darkness*

on the *Edge of Town*, which came out in 1978.

"Every time we would get together, we would end up doing something very different from the time before," says Meola. "He would stand in attic alcoves with light coming in and creating beautiful shadows and I started to realize that the emptiness of the house reflected a lot of the loneliness and despair that was going on in the music."

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DVD review

The Amazing Spider-Man

Director. Marc Webb

Stars. Andrew Garfield, Emma Stone

It's impossible to watch director Marc Webb's *The Amazing Spider-Man* without recalling that there have already been three blockbuster Spider-Man movies, the ones made over the past decade by Sam Raimi.

Webb's reboot hits the same origin-story beats as the first Raimi Spider-Man — missing parents, teen angst, radioactive spider bite, super Spidey powers and lizard foe. Some story threads are rearranged and there are a couple of newish characters, but it's really all the same tangled web.

Andrew Garfield makes a dandy Peter Parker, Spider-Man's teen alter ego, and an even better Spidey, being far closer to the smartass Marvel Comics original than Tobey Maguire's wan depiction



Andrew Garfield plays Spidey in the Spider-Man reboot. HANDOUT

in the Raimi series. And Garfield is well paired with Emma Stone, who plays Peter's first love, Gwen Stacy, with a smile that could melt steel.

As a visual experience, the film falls prey to memory. There are some good set pieces and the 3D is for once not obtrusive. But there's nothing terribly original, exciting or funny about it, and action scenes

are not Webb's forte.

If you haven't seen the earlier blockbuster franchise or have forgotten it, you may enjoy this webslinger redux. For the rest of us, the movie should really be called *The Adequate Spider-Man*.

Extras include a commentary track, deleted scenes and making-of featurettes.

PETER HOWELL



Kelly Macdonald voices the role of a rebellious princess in *Brave*. HANDOUT

Brave

Director. Mark Andrews, Brenda Chapman, Steve Purcell

Stars. Kelly Macdonald, Billy Connolly and Emma Thompson

With a rebellious princess (voiced by Kelly Macdonald) as its lead character, *Brave*

is a bold departure for Pixar. It's the toon titan's first feature with a female lead.

Sassy archer Merida is no damsel in distress. Far from it, her spirit is as bright as her wild flaming red tresses, and her tongue is as sharp as her tips of her arrows.

Merida lives in the ancient kingdom of DunBroch, a place of towers

and tartans Pixar renders magnificently. She lives with her father, King Fergus (Billy Connolly), and her mother, Queen Elinor (Emma Thompson).

Alas, everything is not storybook perfect in *DunBroch*: King Fergus lost a leg and gained a grudge in a battle with an ancient bear, and he has rival clans to contend with, all of whom have idiot sons they're eager to marry off to Merida. She wants none of them.

Brave follows an entirely predictable trajectory — unusual for a Pixar film — but it's not without its amusements. The film's best moments are between Merida and her mother as they seek to settle their differences, both supernatural and natural.

Sometimes, the bravest thing of all is mending broken family ties.

Extras include *La Luna* theatrical short, director's commentary, extended scenes and making-of featurettes.

PETER HOWELL

There's even more online at metronews.ca/scene



Decision day bearing down on the Bachelor

Reality television.

Canadian bachelor Brad Smith is only a few weeks away from choosing between the last two women

One bachelor, two women, one big decision.

That's what it comes down to as *The Bachelor Canada* heads towards that final rose.

After weeks of criss-crossing Canada on fantasy dates that also extended into romantic

getaways to Paris, Mexico and New York, Canadian bachelor Brad Smith is about to announce his big decision. After speed-dating his way through 25 contestants, indulging in horseplay and hot tubbing, he has narrowed it down to 28-year-old Bianka, a nurse from Mississauga, Ont., and 24-year-old Whitney, an administrative assistant from Calgary. Smith, 29, has caught passes before. The CFL free agent wide receiver has played for Montreal, Toronto and Edmonton. His dad is former CFL commissioner Larry Smith.

With roots in football,

Smith seems more All-American than many U.S. bachelors.

"Hockey's really my passion," he protests.

"I just happen to be good at football."

Much of the dating hijinks were shot last summer. Earlier this month, production shifted to this picturesque seaside town near Victoria, B.C. for the taping of next week's *Women Tell All* outing (airing Nov. 14 on Citytv) as well as the *After the Rose* episode (Nov. 28).

Fans will learn if Smith chooses Bianka or Whitney — or neither — on decision night, Wed. Nov. 21. **THE CANADIAN PRESS**



Brad Smith has a big decision coming up. NATHAN DENETTE/THE CANADIAN PRESS

us, calls, LOLs, beats, tweets, chats and cats. So you won't miss a thing.

Shaw)

A new day is dawning on Adrienne Palicki

Red Dawn. It's been a long road to the big screen for this actress — here she talks to Metro about politics and superheroes



NED EHRBAR
Metro World News in Hollywood

After three years of waiting, Adrienne Palicki is finally seeing her remake of 1984's *Red Dawn* — delayed by the same MGM bankruptcy issues that delayed *Skyfall* — hit theatres. It's a sign that things are looking up for the actress after the end of *Friday Night Lights* and the failed launch of a new *Wonder Woman* TV series. With *Red Dawn* and next year's *G.I. Joe: Retaliation*, Palicki is definitely optimistic.

Red Dawn has had a number of release dates.

Thanksgivings for the last three years, yes. Pretty much.

Did any of your friends or family stop believing you that it actually existed?

You know what? I just stopped telling people I was in it. They



Adrienne Palicki says after her stint as *Wonder Woman* in the David E. Kelley pilot, she's jonesing for more superhero roles. Her film, *Red Dawn*, opens Nov. 21. HANDOUT

were like, "When's that movie coming out?" and I'd be like, "I don't know what you're talking about. No idea. I never did that movie."

How is it to finally see it coming out?

Sometimes I pinch myself. And now seeing posters places I'm like, "OK! See?" Every time I'm reminded or my friend will call and she's like, "I saw it in front of *Argo*!" I'm

like, "OK, it's happening." Because there were three years when it was going to happen and then it was not going to happen and then it was going to happen and then it was not going to happen. It's just nice. Thank God finally people can stop asking me when this movie's coming out.

What did you think about the decision to change the villains from Chinese to North Korean

in post-production?

China was a cool thing. It was ballsy. It's big, and it's kind of like that's possible, you know? But I understand why they felt they had to do it. I don't know. I think the biggest part of this movie that needs to be remembered is that it's not necessarily as much a political movie as it is a movie to go and have fun and watch big explosions and car chases. Because it's very realistic. You know, six

kids coming and taking back the country. Happens all the time (laughs). Whether you want to look at it as a political movie or not, there are a lot of parallels between what's been happening overseas and what's been happening in this movie, you know? People coming in and saying, "We're going to now change your entire government because ours is better and we know better than yours. So take that!" I mean, there's a devastation to it, too, for people who live this every day.

You starred in David E. Kelley's infamous *Wonder Woman* pilot. Are you still jonesing for another superhero part?

Oh hell yeah. Always. And hell, I would like to play *Wonder Woman* again. They're making "the Justice League," so who knows. But I love playing superheroes. I grew up with comic books and my brother's a comic book writer and I've always loved them, so I really felt lucky to just even get the chance to be *Wonder Woman*, wear the outfit — to get paid to wear the outfit and not in like a weird porno way (laughs). It was cool. Not many people get to say they did this.

What about real life?

The young characters in *Red Dawn* face a daunting challenge when their suburban town is overrun by the North Korean military and they must take up arms to defend it. But how would the actors behind the characters fare in such a life-or-death situation? Star Adrienne Palicki is confident that Hollywood has sufficiently prepared her for the worst.

"Now, after all the training I've had for this movie and *G.I. Joe* and *Wonder Woman*, I feel like I could really hurt somebody. Or, you know, an amount of people. A small group, maybe," she says. "I'd like to think that I could take some people on. I should be able to. I think there's going to be a lot of people pissed off who trained me if I'm just in the corner going, 'Please don't hurt me!'" Co-star Josh Peck, known for more comedic roles than the reluctant rebel he plays here, is less confident in his own abilities, putting his own chances at "zero. I think put in this situation in real life, I would either be behind the lines as like the troop jester, just entertaining the troops in some comedic capacity, or I'd be dead," he tells Metro. "I had brilliant [stunt] doubles, thank God."

NED EHRBAR, MWN



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Go Home with One Direction

New album. U.K. act's follow-up to successful *Up All Night* is a mix of ballads and upbeat songs to get teenage hearts racing

One Direction's sophomore album, *Take Me Home*, comes one year after the group released its debut, *Up All Night*, in the United Kingdom.

The latter, which came out in America just eight months ago, has already sold 1.3 million units and is still in the top 25.

The wholesome-looking quintet has joined Justin Bieber in the affections of girls everywhere, with their puppy eyes, trendy haircuts and rather good voices. And the boy band's new album delivers on the brief, vaguely catchy songs that appeal to both the romantic and the wild side of teenage girls.

The record relies heavily

on perky and melancholic guitars, and on romantic invitations like "I want to be your last first kiss" on *Last First Kiss*, which then veer into the leery *Tonight Let's Get Some* on the very honest and upbeat first single, *Live While We're Young*.

It's full of riffs that haven't been heard since the 1990s boy bands took their final bows. *Take Me Home* is mainly produced by the same folks

behind the group's debut, including Rami Yacoub, Carl Falk and Savan Kotecha. English singer-songwriter Ed Sheeran returns, too, co-writing two ballads (*Little Things*, *Over Again*) that break up the overall upbeat peppiness of the disc with memorable choruses.

The album feels relentless in rhythm, sometimes even during the ballads, with a homogenous sound and mes-



One Direction's latest is called *Take Me Home*. AP PHOTO

sage – like a teenage boy who says all the right words in a

rush to get what he wants. But this time they're only

Who's on board?

"English singer-songwriter Ed Sheeran returns too, writing two ballads (*Little Things* and *Over Again*) that break up the overall upbeat peppiness of the disc with memorable choruses."

singing the right words to get to your wallets and adoration. And they're most likely going to get it.

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Manitoba 



K'naan learns love is harder than war

Country, God or the Girl. Somali artist goes inward, uses his tour of Africa to free himself and write about what's important

K'naan arrived on the scene singing about struggles — his hit *Wavin' Flag* was a timely freedom anthem during the 2010 World Cup. But his new record *Country, God, or the Girl* looks inward.

"I went to 22 countries in Africa, back to back, on tour," the Somalia-born artist says. "Seeing Africa to that degree freed me from having a narrow message in my music."

He says when a friend told him about working in refugee camps during the Rwandan genocide, it changed his perspective on global thinking.

"When people settled into the evening," he says, "nobody talked about the horrific tragedies that were happening. They were talk-

Quoted

"I've had my chance to write about my experiences in a difficult and violent life"

K'naan

ing about their lost loves. And that hit me so deeply — how human beings are having the same conversations everywhere, even in times of war and famine. Their favorite songs are always love songs. And I wasn't speaking

to them in the place that was most important to them."

The singer says he has come to a conclusion about approaching certain subject matter. "Love is harder than war," he says. The sound of *Country, God, or the Girl* is a blend of pop and African melodies, and tracks mostly focus on internal conflict, relationships and personal growth.

"To progress musically, I had to open myself up," he says. K'naan is also joined by a wishlist of high profile special guests, includ-

ing Bono, Keith Richards, Will.i.am, Nas and Nelly Furtado. But no matter who is joining him, he says it all comes down to one person: "I've had the chance to write about my experiences in a difficult and violent life. ... But when the suffering and the pain is something that comes from within me, it's harder to react and to write about that."

K'naan says he doesn't write while he's on the road.

"I know that some artists that I'm friends with do

that, but I just prefer there be distance between my being celebrated as an artist and my having something to share. Because ... being idolized on stage and then writing a song could be a little dangerous, I think.

"But when you are living, and nobody cares that you're walking around in the street, your girlfriend is giving you a hard time and (so is) your family, all of that, that's the context in which an artist writes. That's when I like to write."

METRO WORLD NEWS



K'naan rose to fame with his World Cup 2010 hit *Wavin' Flag*. HANDOUT



Justin Bieber ALL PHOTOS GETTY IMAGES

Cry him a river: Justin B. borrows from Justin T.

Justin Bieber is dealing with being dumped by Selena Gomez the only way he knows how — through music. The 18-year-old Canadian pop star treated fans to a stripped-down acoustic version of Justin Timberlake's Cry Me a River — a song inspired by Timberlake's split from Britney Spears — at a tour stop

over the weekend, according to People magazine. As for actually addressing the breakup, Bieber still sounds pretty shaken up. "I don't know what's going on in my life," he said in an interview with Open House Party radio before the show. "To even assess that, it doesn't make sense because I have not made any comment."

The babies still love you Biebs



Miranda Kerr

Selena Gomez may not be as big a Justin Bieber fan as she was a month ago, but at least the Canadian pop star gets the infant vote. Victoria's Secret model Miranda Kerr tells Us Weekly that Flynn, her 21-month-old son with husband Orlando Bloom, loves music and dancing — and Bieber's in particular. "The other day, we were in South Africa, I turned on the TV and Justin Bieber's documentary was on," Kerr says. "I said, 'Flynn! Bieber!' and he said, 'Bie-ber.' I said, 'Bieber fever' and he said, 'Bieber fever.' I thought it was the cutest thing I've ever seen."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

The stars get to gabbing on the MTV red carpet

On the red carpet of Sunday's MTV Europe Music Awards in Frankfurt, Germany, David Hasselhoff got perhaps the biggest applause from fans, with host Heidi Klum, Kim Kardashian and Gangnam Style star PSY coming a close second.

The random lineup proves what an eclectic show it was. Metro was on the red carpet to talk to a few of the headliners.

Alicia Keys

There's talk of an apocalypse. What would you tweet, if you knew it was the end of the world?

Oh gosh, I really don't want to think about that. I really don't. But it's true it is something to



think about. We're putting so much abuse on this planet. How is it not supposed to react that way?

Lana Del Rey

What were you listening to before the show?

We were listening to Chris Isaak and Bruce Springsteen. Americana.

PSY, Hasselhoff and Jepsen



"The whole point of Gangnam Style is that you don't have to be that good."
—PSY

"It's good because I ride horses. It's very easy."
—David Hasselhoff on dancing Gangnam Style

"If you'd asked me when I was seven years old, I would have told you with utter confidence, definitely, yes, I'd be a star. But then I grew up."
—Carly Rae Jepsen

Tickle me surprised: Elmo's right-hand man caught in sex scandal

Kevin Clash, the man behind Sesame Street star Elmo, has taken a leave of absence from the popular children's show amid allegations that he had a sexual relationship with a 16-year-old boy, according to Radar Online. "We met with

Kevin, who denied the accusation. We also conducted a thorough investigation and found the allegation of underage conduct to be unsubstantiated," a spokesman for Sesame Workshop says, according to Radar Online. "Although this was a person-

al relationship unrelated to the workplace, our investigation did reveal that Kevin exercised poor judgment and violated company policy regarding Internet usage, and he was disciplined." No date has been given for Clash's return to the show.

The star of the documentary Being Elmo reportedly told another media outlet recently, "I had a relationship with (the accuser). It was between two consenting adults, and I am deeply saddened that he is trying to make it into something it was not."

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Getting that vampire strength

Interview. Twilight star Kellan Lutz talks about how he keeps the sleek physique and manages major strength in the series

ROMINA
McGUINNESS
life@metronews.ca

Kellan Lutz spent four years wearing pasty white make-up and doing push ups to play superstrong vampire Emmett Cullen in The Twilight Saga. Now that the final chapter, Breaking Dawn — Part 2, arrives in theatres, he talks to Metro about his post-vampire career, wrestling with Kristen Stewart and learning to cut up a steak.

Everyone went on and on about Taylor Lautner's body in Twilight. But you were buff all along. How did you manage that?

I have good muscle memory. I'm barrel-chested, so I can do 50 push ups and get some man boobs pretty easily. But Taylor had to take his shirt off. It would have been different if I'd had to take mine off and I was pale white with make up. It wouldn't look so flattering.

The arm wrestle scene between Bella and Emmett in Breaking Dawn 2 — did you guys do it for real? Kristen vs. Kellan?

I sent Emmett to some acting classes to prepare him for that scene so that he didn't lose and get his ego hurt too much. I'd been looking forward to shooting that scene for years and Kristen was just



Kellan Lutz faces off against Kristen Stewart on screen and talks about how he gets those muscles with Metro. HANDOUT

so excited to play a vampire finally. She's a strong woman. She put up a good fight. Of course, I let her win.

Could Kristen beat you in real life?

Never ... Plus she cheated. But I really think she could beat Rob in an arm wrestle.

So, she's stronger than Robert Pattinson?

I think so ... She'd come out a winner. She'd probably tickle him or something.

Who would you rather date? Kristen Stewart or Bella Swan?

I don't really know Bella Swan too much. I know Kristen. For me, the wise choice would be who I know

the most and connect the most with and Kristen — she was just so much fun to work with.

If you had the vampire strength of Emmett in real life—

If? What are you talking about?

What would you dream of being able to do?

Wrestle lions like Samson (in the Bible.) I love to play with my dog — but how fun would that be, to wrestle a lion by its mane and pull it down. Or a grizzly bear. For me — having all-powerful strength — being able to pull trees out of the ground and carry them like a pool noodle. Or feel like

Atlas (a Titan known for his strength in Greek mythology).

What do you do to stay fit?

I play volleyball every Saturday and workout whenever I can. A big part of what I've been doing is just eating better. I don't eat as much candy as I used to.

I read you can eat 10 Taco Bell tacos in one sitting.

I have a large stomach. Growing up within a family of six boys, you learn to just chow down. You just want to get it in before it's gone. I'm learning to enjoy my meals and cut up a steak rather than just ripping it apart with my mouth.

Would he make more?

"I mean, am I sitting on the edge of my bed praying about it? No. I love my character. If I had a spin-off where Emmett goes in the woods and five years later he has his own zoo and he's wrestling a bear and a lion in the backyard and he has his five Emmett buddies from his football days and hunting days and we made a comedy out of it, that would be great."

Kellan Lutz,
On making more Twilight movies.

What's next for you?

I'm focusing on action movies. I love fighting and shooting guns.

Why?

I have no tattoos — I wear my scars as my tattoos. I've never broken a bone but I love taking risks. I'd like to do something extreme like Tom Cruise in Mission Impossible. Wear a squirrel suit and jump out of a helicopter, fly over an erupting volcano and drive fast cars.

Would you do the space jump?

Yeah. I just love the thrill. Skydiving is amazing — doing flips in the air. Snowboarding or scuba diving — it's one of the scariest things I've ever done — it's life or death down there.

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Alzheimer's disease not just for elderly

Mental health. The disease, which leads to memory loss and confusion, can strike earlier than you thought

CELIA MILNE
life@metronews.ca

Stefania Silvestri was only 14 when her father, John, was diagnosed with dementia. She remembers going to rent a video with him, and the pain on his face when the cashier asked him for his phone number and he didn't know it. He was 48. He died a few years later.

"All of the plans, however small and trivial, were stunted and stopped," writes Silvestri in her book *Beside the Mountain: Finding Strength and Courage Through my Father's Early Onset Alzheimer's Disease*.

Silvestri is now 28 and an English teacher in Los Angeles. In Canada, it has been estimated there are 50,000 people under 50 living with dementia, according to the Alzheimer Society



There are lots of support groups now for those touched by Alzheimer's disease. ISTOCK PHOTO

of Canada. Some of these people have the very rare familial Alzheimer's disease (FAD), which is inherited

from a parent. Others have an early onset of the more common form, which tends to affect people in old age,

called sporadic Alzheimer's disease.

When Alzheimer's disease attacks young people

like it did Silvestri's father, it has the same characteristics — memory loss, confusion, difficulty thinking

Quoted

"I learned about the strength of the family and the love you can share, living as best as you can."

Stefania Silvestri
Author of *Beside the Mountain: Finding Strength and Courage Through my Father's Early Onset Alzheimer's Disease*

— as sporadic Alzheimer's, and it is all the more tragic because it strikes mid-career and while loved ones are young.

Silvestri battled with depression and self-mutilation, but also learned to enjoy moments of togetherness as her family took regular trips back to their homeland — Italy.

"I learned about the strength of the family and the love you can share, living as best you can," she tells Metro.

While there is still no cure for Alzheimer's, support systems are growing stronger, she says.

"My mom didn't have a community. Now there are Facebook groups and websites."



IMPORTANT LINK BETWEEN VISION AND LEARNING

As a new school year begins, is your child dreading the thought of it?

Rest assured the lack of enthusiasm is not because of poor parenting, uncaring teachers, or laziness. Children don't choose to hate school. They all wish to excel and enjoy the experience of learning. Unfortunately, one in four children is likely struggling in school because of an underlying vision problem. And because 80 per cent of what we learn in school comes to us through vision, a visual dysfunction can make learning difficult and frustrating. When vision problems are left unresolved, children begin to lose self-

esteem and often react negatively to any task that requires precise vision.

Often, vision problems go undetected because the signs and symptoms may be similar to those attributed to conditions such as ADHD and a learning disability, or characteristics such as laziness and stubbornness. A child rarely reports he has a vision problem because he is unaware that others see things differently. Many feel stupid and are frustrated they cannot keep up with their peers. Even for those who manage to handle the workload, they too endure the headaches, fatigue and eyestrain. Left untreated,

Below are physical and behavioural indicators of a vision dysfunction:

- Headaches in forehead or temple area
- Red, itchy, burning or watery eyes
- Excessive blinking or eye rubbing
- Squint, frown, scowl
- Double vision
- Intermittent blur
- Fatigue quickly when reading or performing near tasks
- Excessive head movement when reading
- Words or letters appear to move or run together on page
- Frequent loss of place when reading
- Skip or repeat words or lines of text
- Confuse similar words, can't recall same word in paragraph
- Poor comprehension
- Dislike or avoid reading
- Very close reading / copying distance
- Lean on arm or lay head down when printing
- Write poorly (crooked, uphill, poorly spaced, slow to copy)
- Say "I can't" before really trying, give up easily
- Emotional difficulties (tears, anger, defiance, meltdowns, withdrawal)
- Clumsy, poor balance, knock things over
- Poor or inconsistent at sports or play

these problems continue into adulthood.

Unfortunately, a regular eye exam only assesses the health of the eyes

and whether glasses may be required. Therefore, many vision disorders are overlooked during a regular eye check-up. Although sight is physical, vision is a brain function. It's our brain that controls how the eyes move, and the accuracy and precision of those eye movements. It's our brain that controls the eye muscles that contract for near and relax for distance viewing. It's our brain that determines where to look, how long to look, and what we look at next. It's our brain that recognizes the small differences in some words, determines where things are in space, and processes words as units rather than individual letters.

If you are concerned your child may have a vision problem, Anderson Family Vision Care offers Neuro-Development Vision Assessments and Vision Therapy. Our doctors are members of the College of Optometrists in Vision Development and have taken a special interest in this field of study. Our vision therapists are also members of the college, and are among the most highly trained in Canada. For more information, call 204-633-7482.

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Have dinner on the table in 20 minutes with tilapia



ROSE REISMAN
for more, visit
rosereisman.com

This Tilapia with Cashew Crust recipe is a real winner for fish lovers.

The mild taste of tilapia goes well with nuts, and this lemon-nut combination is outstanding.

If you want to substitute another fish, try sole. Serve this over a bed of fresh grilled vegetables.

The best part is that prep time is only five minutes and cooking time is only 15 minutes.

1. Preheat the oven to 425 F.

Ingredients

- 1/3 cup finely chopped toasted cashews
- 4 tbsp grated Parmesan cheese
- 1 tbsp olive oil
- 1 tbsp freshly squeezed

Line a baking sheet with foil and spray with cooking oil.

2. Place the cashews, cheese, oil, juice and garlic in the bowl of a food processor and process just until coarsely ground. Do not purée. Alternatively, finely chop by hand.

3. Place the fish on the prepared baking sheet and divide the nut mixture overtop, pressing it onto the fillets to help it adhere. Bake for 10 minutes per inch of thickness, or until the fish flakes when pierced with a fork. Garnish with the dill and lemon wedges. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN**



This recipe serves four. BRIAN MACDONALD, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Health solutions

Save on produce



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

Man, vegetables and fruit can get expensive this time of year! And when you consider that most of us are only enjoying three or four of the eight to 10 we are supposed to, the grocery bill goes through the roof. Here are a few tips to help you pinch a few pennies:

• Check the reduced bin first. Often, food is moved here simply to make room for a new shipment and you would have paid full price 20 seconds ago. (You will know what is beyond its due date, don't worry.)

• Buy in bulk and cook or freeze. A few heads of cauliflower can be bought on the cheap and be cooked in the slow

cooker to turn it into a freezable side dish with a little drizzle of butter. Freeze in single serving sizes and never go without.

• Shop in Asian markets and experiment! You may not be familiar with the vegetable but, rest assured, a quick stir fry and you will be.

• Look for sales on frozen vegetables. These are often picked at their peak and frozen to preserve nutrients. Not as great as a salad, maybe, but tossed into pastas and soups, they are great!

• You can't beat frozen berries for pies, smoothies and to stir into yogurt.

Don't skimp on the health benefits of fruits and vegetables just to save a few bucks. It won't be worth it in the end. If all else fails, "borrow" someone else's apple from the work fridge. (Kidding!)

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BERT ON TWITTER
AND FOUND DAILY AT
MYFRIENDINFOOD.COM



Spinach & Artichoke Dip with Catfish. A tempting autumn appetizer



1. Heat oven to 180 C (350 F).

2. In a saucepan over medium heat, melt butter and add catfish cubes. Cook, stirring, for about 5 minutes or until fish flakes easily when tested with a fork. Remove from heat and let cool for about 5 minutes.

3. Squeeze excess moisture out of spinach and artichokes. In a large bowl, combine with two-thirds of the Parmesan and all remaining ingredients. Transfer to a glass baking dish and sprinkle with remaining cheese.

4. Bake for 20 to 25 minutes or until hot in the middle and golden brown. Serve warm with your favourite crackers,

bread or veggies.
**THE CANADIAN PRESS/U.S. FARM-
RAISED CATFISH**

Ingredients

- 15 ml (1 tbsp) butter
- 3 catfish fillets (each 180 to 250 g/6 to 8 oz), cubed
- 500 g (1 lb) frozen chopped spinach, thawed and drained
- 1 can (398 ml/14 oz) artichokes, drained
- 175 ml (3/4 cup) grated Parmesan cheese, divided
- 125 ml (1/2 cup) diced green onions
- 250 ml (1 cup) mayonnaise
- 3 cloves garlic, minced
- 5 ml (1 tsp) hot sauce, or to taste
- Salt and pepper, to taste

There's a new green side dish in town with a peppery hit

Of all the many green vegetables available to us, we tend to be profoundly lacking in inspiration when it comes to selecting one for those big family dinners.

Generally, it's either green beans or Brussels sprouts. And while both are fine vegetables, wouldn't it be nice if just once the token nod to something green on the table was something a little different?

That's the inspiration behind this fast and easy green dish that has lots of flavour and doesn't rely on the usual suspects. The solution is a heaping tray of roasted, peppery shrimp and edamame, creating an attractive and filling side dish that could even double as a main course.

Because this recipe cooks so quickly — and at a much higher temperature than most



This recipe serves eight. MATTHEW MEAD/THE ASSOCIATED PRESS

big dinner dishes are likely to — leave it for last.

And yes, the recipe is correct — 2 tablespoons of black pepper. That's the point. And it is delicious.

1. Heat oven to 450 F. Line a rimmed baking sheet with foil.

2. Place the edamame in a medium microwave-safe bowl and microwave for 1 to 2 min-

utes, or just long enough to slightly thaw. Pour off any liquid that has accumulated in the bowl, then transfer the edamame to the prepared baking sheet.

3. Add the shrimp to the baking sheet, then drizzle the oil over them and the edamame. Sprinkle with the pepper, salt and paprika. Use your hands to mix everything together, mak-

ing certain the shrimp and edamame are well coated with the oil and seasonings. Arrange the ingredients in an even layer on the baking sheet.

4. Roast for 5 minutes, then use a spatula to turn the shrimp. Roast for another 2 to 3 minutes, or until the shrimp are just pink and firm. Serve immediately.

THE ASSOCIATED PRESS



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The Dirty Dancing soundtrack worked for them. LIONSGATE

How a cheesy soundtrack = amazing sex

Setting the mood.

Music psychologist reveals why great love songs get us all hot and bothered

**ROMINA
MCGUINNNESS**
metronews.ca

It appears that when it comes to wooing and romance, music can be used as a form of brainwashing. The songs you choose are just a subtle way to suggest and initiate sex.

Music psychologist Dr. Daniel Müllensiefen, from Goldsmiths, University of London, discovered that music was a key element of the seduction game and consequently, how successful you are in the bedroom. The playlist you listen to in the moments leading to and during sex is crucial.

A staggering 40 per cent of people admitted that the music they listened to during sex was more arousing than

the touch or feel of their partner.

Time of your life

Although both sexes favoured songs that were happy and tender, men tend to make more of an effort to adjust to the taste of their date in order to ensure success in the bedroom.

This could explain why the soundtrack from the iconic '80s romantic movie, Dirty Dancing, was voted as best for sex. This is because it's not just the music that's important, but what it is that we associate with the songs.

Dr. Müllensiefen observed: "Music activates emotional pleasure centres in the brain—the same areas that are activated when we have sex or take drugs."

"If you have a sound track to a film that as a whole is associated with romance, flirt(ing) and sex, that might work for the entire sexual episode. Listening to the soundtrack unconsciously re-ignites the feelings we experienced whilst watching the film."

"So just put the CD in and let it play," he adds. "The passionate emotions we feel when we see the love scenes in a film get encoded together with the music, almost like a conditioned experience."

The Vocals

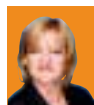
But it's not just what we associate the song with that's important in the bedroom — individual vocals are too. "People have a sort of emotional intelligence with music," explains Dr. Müllensiefen.

"When it comes to getting in the mood for sex, people tend to go for relaxed songs with little use of vocal vibrato and with a greater dynamic range, a high chest voice, a raspiness in the voice, such as Marvin Gaye's Sexual Healing, (the number one track to get in the mood for sex) and Barry White's Anything (third best)," says Dr. Müllensiefen.

So fire up that Spotify or Groovespark playlist, doc. Let's get it on.

The reasons we fail financially

Alison's money rule.
New survey shows how we really feel about our spending and saving



YOUR MONEY
Alison Griffiths
money@metronews.ca

Do you have a cheatin' heart? Do you feel guilty or anxious? Are you hoping for a windfall to save you?

Chances are, you'll answer yes to one or more of these questions when they relate to money.

Credit Education Week Canada (cewc.ca) began on Monday. This year, the founders of CEWC, Credit Canada Debt Solutions and Capital One Canada, commissioned a survey to find out how we really feel about money and our spending and saving resolutions.

Interestingly, the survey uncovered a whole lotta angst going on in our financial lives. Sixty three per cent of Canadians worry so much about money they lose sleep and for half of us, it has caused conflict

with family or friends.

Nearly 30 per cent are praying for a lottery win or an inheritance to secure their futures.

In light of these statistics, it comes as no surprise that 81 per cent of us have cheated on resolutions made about money.

The source of our financial woes lies mostly in a single area — overspending.

Pretty much everyone does it, with groceries being the biggest culprit (76 per cent), followed by the need to treat or reward ourselves (60 per cent) and eating out (54 per cent).

While many Canadians (37 and 28 per cent) believe that lack of income and discipline are at the root of their financial troubles, I think these are symptoms, not causes.

The real problem is a lack of another kind — help.

There is a crying need for assistance and very few are getting it. Only eight per cent of Canadians use a financial planner, for example.

But there are many ways to get support in achieving financial goals. Old-fashioned hand holding is one.

Find someone you trust to be a mentor and to keep you



A financial planner can be a broke girl's best friend. iSTOCK IMAGES

on track. I know one woman who enlisted her neighbours with the common goal of making a budget and sticking to it. They met monthly to bare

their financial souls — and it worked.

There are also charitable counselling services such as Credit Canada (creditcanada.com) and employers are increasingly including financial counseling to HR programs.

If you think you need help, start looking for it. Don't hide

your financial problems in a closet.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca



The Joneses' don't have two nickels to rub together, so why keep up?



FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

November is financial literacy month for many provinces in Canada.

To celebrate, last week I spoke at an event alongside David Chilton, the new Dragon from Dragon's Den and author of Wealthy Barber, the first personal finance book I ever read at age 13.

Chilton is considered the pioneer of personal finance in Canada, so it was an honour to present with him on the theme of Keeping Up With The Joneses'.

Unfortunately, Canadian appetite for spending has grown substantially over the past few decades as our incomes have grown and access to credit has increased.

We've watched our broke neighbours bring home fancier cars, upgrade their houses and put junior in expensive competitive sports.

As a result of adult peer



What price will Canadians pay to keep up with their spending? iSTOCK IMAGES

pressure, we've over-extended ourselves to look richer in hopes of greater happiness, which never materializes because true happiness isn't found in a new television.

Meanwhile, the truly wealthy are not spending this kind of dough. They're living frugally, keeping meticulous budgets and spending on things that grow in value, not shrink.

These folks report less stress, fewer divorces and greater personal satisfaction. They are financially literate.

Due to extreme overspending, Canadians borrow approximately \$0.70 of every \$1 spent and the most popular borrowing methods are credit cards and lines of credit.

Canadians continue to carry balances on our credit cards at an average rate

of 19.5 per cent and the average Canadian household owes \$40,000 in some type of consumer debt.

Even more frightening is the fact that one in 10 families report that they would not be able to handle a \$500 unexpected expense.

What price will Canadians pay to keep up with their spending?

The bottom line on overspending and debt is that it's restrictive and causes stress.

If you care about your future, channel your energy and dollars away from image-boosting spending and focus on keeping what you've worked so hard to earn.

If you're caught in an overspending trap, stop. Remove spending temptation. Avoid bad debt and manage good debt by:

1. Negotiating interest rates; and
2. Paying a little extra each month through frugal living.

Chilton offered good advice last week: Stop complaining about what you don't have.

Consider yourself lucky to live in Canada, where we are safe, have access to education, health care, jobs and other helpful resources.

Follow Lesley on Twitter @LesleyScorgie



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CREDIT EDUCATION WEEK CANADA AIMS TO RAISE AWARENESS

In 2007, Credit Canada and Capital One Canada teamed up to create the first Credit Education Week Canada (CEWC), with the objective to raise public awareness and educate Canadians about the many issues and challenges they face managing their finances, spending and savings.

Now in its sixth year, CEWC 2012 will be looking at “money resolutions” and the unique financial pressures Canadian consumers face.

Beginning today and running through to Friday, more than 150 events and financial literacy workshops at YMCAs and

community centres across the country will occur under the Credit Education Week Canada banner thanks to the support and funding of all sponsors.

On Nov. 13, the founding sponsors of CEWC — Credit Canada Debt Solutions and Capital One Canada — will officially kick off the week with the launch of its Professional Development Day at the Toronto YMCA. The event launch will be hosted by Gary Rabbior, president of CFEE, a non-profit, non-partisan organization since 1981. This is a unique opportunity for financial industry leaders to bring consumer awareness to myriad of financial issues impacting Canadians, as well as show their support and commitment to the financial literacy initiatives.

Bruce Sellery, the founder of Moolala, a personal finance training company with a mission to inspire people to get a handle



on their money so they can live the life they want, will deliver the event's keynote address.

The climax of every CEWC is the dinner gala, which will be held Thursday at the Royal York Hotel in Toronto. The gala will be hosted by CTV's consumer affairs expert Pat Foran, while David Chilton, star

STORIES FROM ACROSS CANADA

Credit Canada and Capital One Canada sponsored a contest asking people to share their inspiring or compelling stories about how they conquered their credit issues and how it changed their life. Contributors were asked to share their stories in 300 words or less. Julie-Laurence Lafortune of Laval, Que., submitted the winning entry worth \$4,000, Trina Brooks from London, Ont., took home \$3,000 for the second-place story, while David Roberts from Vancouver cashed in the third-place entry, which was worth \$1,000.

of CBC's Dragons' Den and bestselling author of The Wealthy Barber Series, will deliver the gala keynote address.

For more information about CEWC 2012, go to cewc.ca.

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KICKING HER TO THE CURB

JULIE-LAURENCE LAFORTUNE CHOOSES TO END A RELATIONSHIP WITH HER CREDIT CARD

It was the summer of 2004; she had just graduated from university and was working an entry-level position in the field of advertising. We met at the bank. The teller introduced us and it was love at first sight.

She wanted so many things and I could provide those to her. The designer shoes that she so lusted for were finally hers in the blink of an eye when she brought me along with her. While her friends were saving up for down payments on condominiums or putting money towards their retirement, she was with me in the swankiest stores in town. Her friends and family warned her to spend less time with me but nothing could keep us apart. I remember those crazy nights out when I would get swiped a dozen times.

Notices started flooding in requesting she pay for me. She stopped opening them. After all, our relationship was all about fun and nobody was going to put a damper on that. It all came to a halt one year later. She had a nightmare; she was drowning in a sea of notices, unable to come up to the surface to breathe. As she awoke in fright, I heard her whisper: I need to change my ways or I will be living in my purse and drinking juice from my shoes.

She confined me to her freezer; she tried to cut me with her scissors but couldn't bring herself to do it. She sold some of her designer goods and opened a tax-free savings account. She wrote up a debt repayment plan and

GRAND PRIZE WINNER (\$4,000)

followed it with unbridled discipline.

She finally took me out one day but it just wasn't the

same. She wanted a professional relationship. I wasn't her everything anymore, just her credit card.



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Hockey Hall of Fame inductees, from left, Mats Sundin, Joe Sakic, Adam Oates and Pavel Bure pose in Toronto on Monday. RICK MADONIK/TORSTAR NEWS SERVICE

Lockout on minds of 2012 inductees

Hall of fame. 'I think it's devastating,' says former Leaf Sundin as new class enshrined in Toronto

There is something missing from Joe Sakic's new plaque at the Hockey Hall of Fame, and it's not because the printer made a mistake.

Among the list of his many achievements is no mention of his 21st NHL season, the one that was never played because of the 2004-05 lockout. With the sport back in another labour dispute, Sakic reflected on the year that never was on the day he took his

By the numbers

2

Of the four former NHLers inducted on Monday, Joe Sakic was the only one to win a Stanley Cup. Sakic won two with the Colorado Avalanche (1995-96, 2000-01).

Quoted

"I think it's the biggest achievement you can get in hockey ... for me it's a huge honour. It feels great."

Hockey Hall of Fame inductee Pavel Bure

place among hockey's greats.

"I lost a year of hockey," Sakic said Monday prior to the induction ceremony. "It would have been 21 years instead of 20. That's what you lose."

Fellow inductees Mats Sundin and Adam Oates were also in the NHL when the last lockout hit, while Pavel Bure, the fourth member of the class, was already retired.

Sundin never managed to win a Stanley Cup and can't help but wonder what could have been had the 2004-05 season been played. His Maple Leafs were on a run of six consecutive playoff appearances before that work stoppage.

"It was awful," said Sundin. "I think it's devastating."

The current lockout made Hall of Fame ceremonies a more subdued affair than

usual. The four inductees were to have been honoured at Air Canada Centre prior to a Leafs-Devils game on Friday night — a missed opportunity in particular for Sundin, the longtime Toronto captain, and Oates, who grew up in the city.

Sundin is back living in his native Sweden now, but the impact of another work stoppage hasn't gone unnoticed.

"I think it's huge," he said. "It's the biggest representative of the game of hockey in the world. When the NHL is not going, people lose focus on hockey."

Added Sakic: "It hurts the players, it hurts the owners, it hurts the fans and it hurts the game."

The two men at the centre of collective bargaining nego-

Statistics

2012 HALL OF FAME CLASS

	GP	G	A	PTS
Pavel Bure	702	437	342	779
Playoffs	64	35	35	70
Joe Sakic	1378	625	1016	1641
Playoffs	172	84	104	188
Mats Sundin	1346	564	785	1349
Playoffs	91	38	44	82
Adam Oates	1337	341	1079	1420
Playoffs	163	42	114	156

Torstar News Service

tiations, commissioner Gary Bettman and NHLPA executive director Donald Fehr, were both expected to attend Monday night's ceremony. They were anxious to try and keep a low profile.

All four members of this year's Hall of Fame class were affected by a labour disruption during their careers — Bure was playing for the Vancouver Canucks during the lockout-shortened 1994-95 season — and it's reasonable to expect that trend will continue for some time after four work stoppages in the last 20 years. **THE CANADIAN PRESS**

Cycling

Armstrong cuts ties with charity

Lance Armstrong has cut formal ties with his cancer-fighting charity to avoid further damage brought by doping charges and being stripped of his seven Tour de France titles.

Armstrong resigned from the board of directors for Livestrong on Nov. 4. He had resigned Oct. 17 as chairman from the charity he founded, but had kept a seat on the board.

The U.S. Anti-Doping Agency ordered Armstrong banned from the sport for life and stripped him of his titles.

Livestrong spokesperson Katherine McLane said Monday that Armstrong "remains the inspiration" and is still its largest donor with nearly \$7 million US pledged. **THE ASSOCIATED PRESS**

MLB

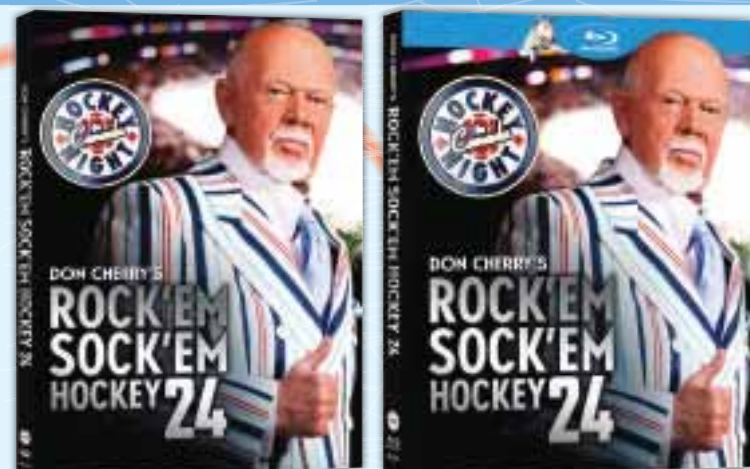
Trout, Harper named top rookies

Mike Trout of the Los Angeles Angels became the youngest AL Rookie of the Year on Monday and Bryce Harper of the Washington Nationals was voted the second-youngest winner of the NL honour.

Trout, who turned 21 on Aug. 7, hit .326 with 30 homers and 83 RBIs. Harper, who turned 20 on Oct. 16, batted .270 with 22 home runs and 59 RBIs. **THE ASSOCIATED PRESS**



Angels outfielder Mike Trout
GETTY IMAGES FILE



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Horoscopes

Aries

March 21 - April 20

This is an extremely good time for you and if you don't have big plans for the next 24 hours then make some now. On the financial front especially, you can move ahead in leaps and bounds. Be bold.

Taurus

April 21 - May 21

If you think you know what is best for a partner or loved one by all means, let them know. But don't push too hard or they may not take your advice. Make it seem as if they thought of it themselves.

Gemini

May 22 - June 21

A solar eclipse in the wellbeing area of your chart will bring health matters to the fore, making this the perfect time to start a new fitness regime or, more likely, give up something that doesn't do you any good.

Cancer

June 22 - July 23

The thing you need to remember is that causes have consequences. It may seem as if a piece of good fortune has arrived out of the blue but in fact you have somehow earned it. So enjoy it with a good conscience.

Leo

July 24 - Aug. 23

Try not to play favourites today, even though one particular person may be higher in your estimation than others. If friends or family members think they are not so important to you, it could cause unnecessary grief.

Virgo

Aug. 24 - Sept. 23

Social activities and travel plans are under excellent stars, so don't waste the day entirely on work. If you do, you may look back a few weeks from now and wish you had been a touch more adventurous.

Libra

Sept. 24 - Oct. 23

Go with the flow today and don't worry too much about where you might end up. Almost certainly it will be somewhere exciting, doing something you enjoy. You may even make some money from it.

Scorpio

Oct. 24 - Nov. 22

Today's solar eclipse in your sign is a herald of good times to come. Those times will be even better if you bring other people into your plans. The more you do with loved ones, the more you do for yourself.

Sagittarius

Nov. 23 - Dec. 21

You may be a bit reclusive today, unwilling to get involved in what's going on in the world around you, but that's no bad thing. It's OK to switch out of party mode for a while — in fact, it's a necessity.

Capricorn

Dec. 22 - Jan. 20

Cosmic activity in the friendship area of your chart means you will be offered at least one helping hand over the next 14 hours. Wherever you go and whatever you do, people will go out of their way to assist you.

Aquarius

Jan. 21 - Feb. 19

You must let employers and other important people know who you are and what you can do. Put yourself forward today and don't think you are being pushy. It's their loss if they overlook your many talents.

Pisces

Feb. 20 - March 20

What is it you want most out of life? Put a name to your dream and visualize what it would be like to have it come true, and there is every chance you will be living it by the end of the year. **SALLY BROMPTON**

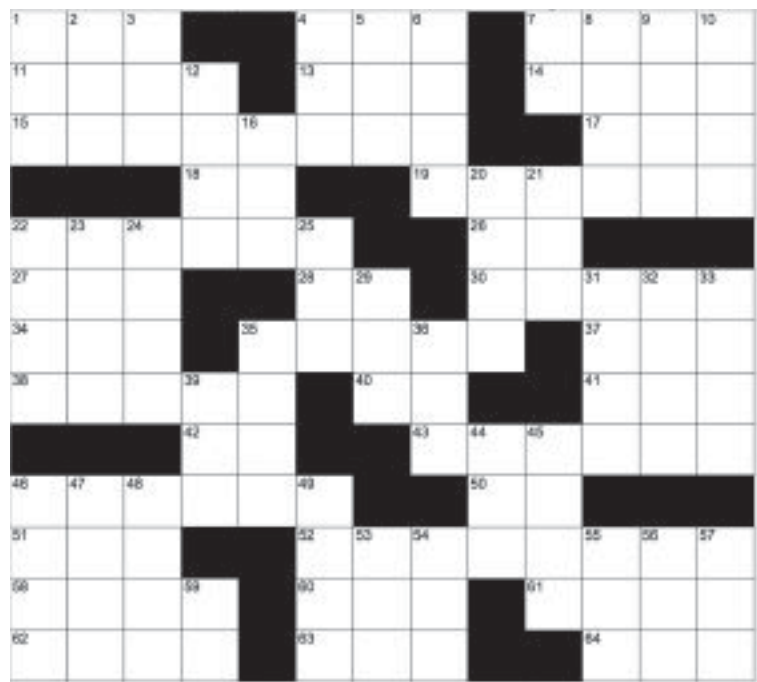
Canadian Crossword

Across

1. House site
4. Pub
7. Proofreaders word
11. Type of code
13. — Life to Live
14. Practice
15. Party favours
17. Participated in a marathon
18. Exclamation of pain
19. Stenographer, of old
22. Grieve
26. Shoe width
27. Bargain basement abbr.
28. Hospital waiting rm.
30. Slip-up
34. Personal info.
35. Annoyed (2 words)
37. Meadow
38. Reeds
40. — the World Turns
41. Type measures
42. Battery size
43. Left to the heir, often
46. Probes
50. My — Called Life
51. Web ending
52. Salve
58. Laze
60. "Rain —"
61. Baseball stat.
62. Day after Mon.
63. Compass bearing
64. Born

Down

1. Found on CSI: Miami
2. Openings (anat.)
3. — Aviv
4. Casper greeting
5. Columnist Landers
6. Take a breather
7. Jr.'s dad

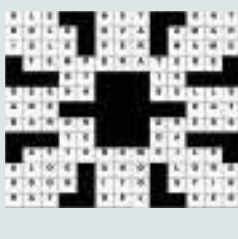


8. — & Dean: Inn Love
9. Airport info.
10. Camping equip.
12. Salve plant
16. Possess
20. Puppy sound
21. Small pod veggie
22. Teases
23. A great lake
24. Gentle push
25. Golf gadget

29. MacGyver star (init.)
31. Appeal
32. Transmitted
33. Luxury
35. Tremendous victory
36. Utilize
39. Corner —
44. Now grounded fast flyer
45. Heavy volume
46. Give in your notice
47. Language of Pakistan

48. Fashion magazine
49. " — Like it Hot"
53. McShane or Ziering
54. Wind direction (abbr.)
55. Sea eagle
56. Negative vote
57. Toronto Stock Exchange (abbr.)
59. 19th letter of the alphabet

Friday's Crossword



What's online

See today's answers at metronews.ca/answers.



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's Sudoku



Weather

TODAY



MAX: -4°
MIN: -13°

WEDNESDAY



MAX: -8°
MIN: -12°

THURSDAY



MAX: -4°
MIN: -10°



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